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The Healthy Monday Movement Offers a Unique New Year's Idea to All Americans

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Mondays Give Americans 52 Chances To Renew and Fulfill Their Resolutions

NEW YORK, Dec. 28 /PRNewswire-USNewswire/ -- Sobering fact: 63-percent of all New Years resolutions fail after two months.

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In an effort to dramatically improve upon the high number of failed New Year's resolutions, the Healthy Monday initiative, an organization that dedicates Monday as a day to increasing health awareness and action, suggests a unique New Year's idea to all Americans.

Write down those resolutions and remember why you made them. Then look at them every Monday morning during the new year. That will help renew your resolve and give you the good feeling of making it to another week. And, if you dropped off on keeping any of them, make them again, for next Monday. Monday becomes the New Years of each week, a fresh start to a better and healthier life style.

"The idea", says Sid Lerner, Chairman of the Healthy Monday Campaign, "is to use Mondays to get people to cut calories, drink less, quit smoking, get their butts off the couch and do all the other things all of us know we should -- but always find excuses not to do."

Healthy Monday introduces the idea of Monday as the weekly day of health. It's an innovative concept being applied to a variety of public health concerns by a diverse network of business and consumer groups, advocacy organizations, and academic institutions all dedicated to improving the health of Americans. Healthy Monday is a project of Columbia University Mailman School of Public Health, Johns Hopkins Bloomberg School of Public Health, and Syracuse University Newhouse School of Public Communications. Healthy Monday has gained the support of the 40 leading schools of public health as well as major health advocacy organizations, including the American Heart Association, the American Diabetes Association and the American Cancer Society.

The ultimate goal of the Healthy Monday initiative is to decrease the number of deaths in America caused by preventable diseases such as heart disease, stroke, cancer and diabetes.

SOURCE Grace (Grass Roots Action Center for the Environment)

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